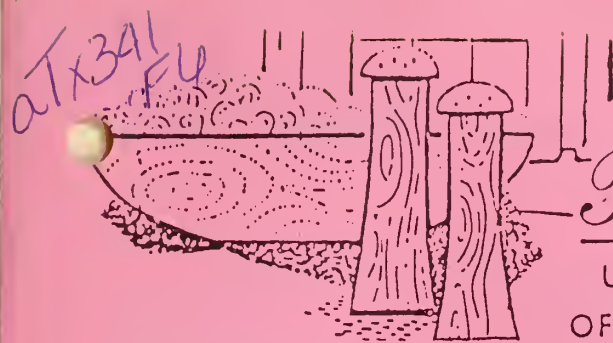


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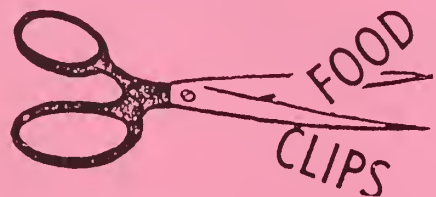
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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE OF COMMUNICATION WASHINGTON, D. C.

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Don't keep fats and oils in partially filled containers. Transfer to smaller containers (to eliminate air space) and they will keep longer, according to home economists at the U.S. Department of Agriculture.

* * *

Cereals are often stored near the stove or heat vents -- Don't do it!!! Store at room temperature -- preferably NOT near the heat.

* * *

Dried fruits usually may be stored for about 6 months -- in a cool place. In warm, humid weather, store in the refrigerator.

* * *

Pineapples will not ripen "after you take them home". There will not be any increase in sugars during storage. They are very perishable, eat as soon as possible.

* * *

One-seventh of the total calcium in the food supply comes from dairy foods (dry milks, frozen desserts, evaporated and condensed milk).

NUTRITION —

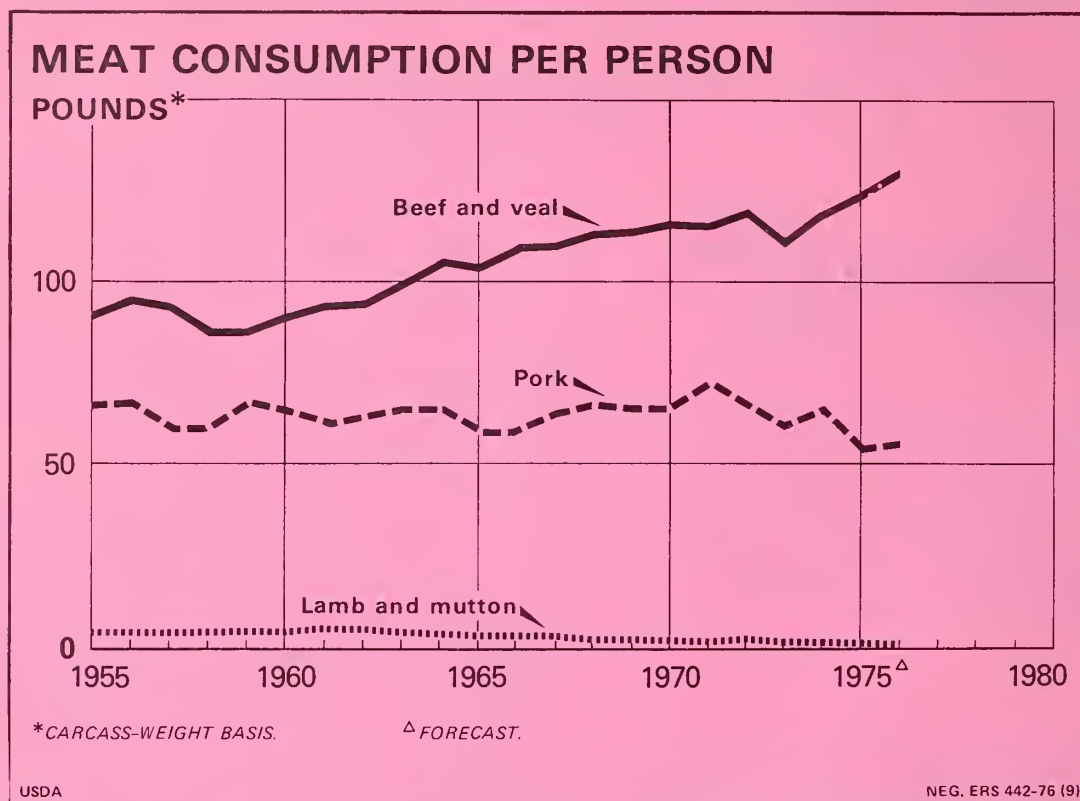
A LOOK AT CALCIUM

The current calcium level is 13 percent higher than it was 65 years ago in this country -- but, 7 percent lower than it was in the late 1940's. Back then, the consumption of milk, a major source of this nutrient, was high. Despite a steady decline in the use of whole milk since the mid-1950's -- it continues to be our leading source of calcium according to nutritionists at the U.S. Department of Agriculture.

Fluid low-fat milks have increased in the past twenty years...and the use of yogurt has more than quadrupled since 1967. The new type of frozen yogurt probably will make this figure jump even higher.

Processed dairy products, also dependable sources of calcium, have increased -- especially cheese which is now about one-seventh of the total supply and nearly one-fifth that from dairy products. In fact, the total calcium of cheese is almost equal to that from low-fat milks. American cheese leads in use and now provides about two-thirds of the calcium provided by all cheese.

AGRICULTURAL CHARTS



Meat production and consumption per person, 1965-76

| Year | Production | | | | | Per capita consumption | | | | |
|-------------------------|----------------|----------------|-----------------|----------------|----------------|------------------------|--------|-----------------|--------|--------|
| | Beef | Veal | Lamb and mutton | Pork | Total | Beef | Veal | Lamb and mutton | Pork | Total |
| | Million pounds | Million pounds | Million pounds | Million pounds | Million pounds | Pounds | Pounds | Pounds | Pounds | Pounds |
| 1965 | 18,727 | 1,020 | 651 | 11,141 | 31,539 | 99.5 | 5.2 | 3.7 | 58.7 | 167.1 |
| 1966 | 19,726 | 910 | 650 | 11,339 | 32,625 | 104.2 | 4.6 | 4.0 | 58.1 | 170.9 |
| 1967 | 20,219 | 792 | 646 | 12,581 | 34,238 | 106.5 | 3.8 | 3.9 | 64.1 | 178.3 |
| 1968 | 20,880 | 734 | 602 | 13,064 | 35,280 | 109.7 | 3.6 | 3.7 | 66.2 | 183.2 |
| 1969 | 21,158 | 673 | 550 | 12,955 | 35,336 | 110.8 | 3.3 | 3.4 | 65.0 | 182.5 |
| 1970 | 21,685 | 588 | 551 | 13,438 | 36,262 | 113.7 | 2.9 | 3.3 | 66.4 | 186.3 |
| 1971 | 21,902 | 546 | 555 | 14,792 | 37,795 | 113.0 | 2.7 | 3.1 | 73.0 | 191.8 |
| 1972 | 22,419 | 459 | 543 | 13,640 | 37,061 | 116.1 | 2.2 | 3.3 | 67.4 | 189.0 |
| 1973 | 21,277 | 357 | 514 | 12,751 | 34,899 | 109.6 | 1.8 | 2.7 | 61.6 | 175.7 |
| 1974 | 23,138 | 486 | 465 | 13,805 | 37,894 | 116.8 | 2.3 | 2.3 | 66.6 | 188.0 |
| 1975 | 23,976 | 873 | 410 | 11,503 | 36,762 | 120.1 | 4.2 | 2.0 | 54.8 | 181.1 |
| 1976 ¹ | 25,775 | 785 | 375 | 12,050 | 38,985 | 128.0 | 3.7 | 1.8 | 56.5 | 190.0 |

¹ Forecast.

*Prepared by the Economic Research Service of the U. S. Department of Agriculture. Slides/prints of these charts are available for reproduction to the PRESS if requested from the Editor of Food and Home Notes.

COST OF FOOD AT HOME FOR A WEEK (DECEMBER 1976)

| | Thrifty plan | Low-cost plan | Moderate- cost plan | Liberal plan |
|---|-----------------|------------------|------------------------|-----------------|
| FAMILIES | | | | |
| Young couple..... | \$22.20 | \$29.10 | \$36.60 | \$44.00 |
| Elderly couple..... | 20.00 | 26.00 | 32.10 | 38.50 |
| Family of 4 with preschool children..... | 31.60 | 41.00 | 51.30 | 61.50 |
| Family of 4 with elementary school children..... | 38.00 | 49.40 | 62.10 | 74.60 |
| INDIVIDUALS* | | | | |
| Women | | | | |
| 20-54 years..... | 9.10 | 11.90 | 14.80 | 17.70 |
| 55 years and over..... | 8.30 | 10.70 | 13.20 | 15.70 |
| Men | | | | |
| 20-54 years..... | 11.10 | 14.60 | 18.50 | 22.30 |
| 55 years and over..... | 9.90 | 12.90 | 16.00 | 19.30 |
| Children | | | | |
| 1-2 years..... | 5.20 | 6.60 | 8.20 | 9.70 |
| 3-5 years..... | 6.20 | 7.90 | 9.80 | 11.80 |
| 6-8 years..... | 7.90 | 10.20 | 12.80 | 15.40 |
| 9-11 years..... | 9.90 | 12.70 | 16.00 | 19.20 |
| Girls 12-19 years..... | 9.50 | 12.20 | 15.10 | 18.00 |
| Boys 12-14 years..... | 10.60 | 13.60 | 17.00 | 20.40 |
| 15-19 years..... | 11.60 | 15.00 | 18.80 | 22.60 |

* Cost of food at home for any family can be figured by totaling costs shown for individuals of sex and age of various members of the family as follows:

- o For those eating all meals at home (or carrying some meals from home), use amounts shown.
- o For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.
- o For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones. Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5 or 6, subtract 5 percent; 7 or more, subtract 10 percent.

Note: The publication "Family Food Budgeting for Good Meals and Good Nutrition," Home and Garden Bulletin No. 94, describes USDA's thrifty food plan (used in setting the coupon allotment in the Food Stamp Program) and the three more costly plans, on which these costs are based. Single copies are available from the Office of Communication, U.S. Department of Agriculture, Washington, D.C. 20250. Request publication by name and number and include your ZIP code.

SWEET TOOTH?

—— TASTES VARY

Tastes often differ with -- or maybe because of -- backgrounds of consumers. European consumers for instance seem to prefer solid sweetened chocolate or solid chocolate mixed with nuts, nut pastes, fruits or fruit pastes. Thus -- typical European confectionery is frequently mixed with chocolate. Burnt almonds are also frequently mixed with chocolate in Europe. The taste -- or preference, towards enjoying the taste of "nuts in everything" may have come from European preferences. But -- peanuts -- a popular item in the United States, are almost unknown in European confectionery.

Marzipan (sweetened almond paste) while a popular confection in Europe is less popular here in the United States. Americans seem to prefer sweetened coconut paste -- or peanut butter.

According to survey reports by USDA researchers, New Yorkers reveal that they seem to prefer a darker, more bitter chocolate than is preferred in most parts of the country. And -- "Anise" (a flavoring from an annual herb which is related to the carrot) is usually popular only in Wisconsin and Minnesota.

* * * * *

REMEMBER --

"Penny Candy"? It's still around even though in some areas it may cost two or three cents -- it is still referred to as "penny" candy. Original penny candy types still account for 2% of the confectionery consumption figures in this country according to figures from the Economic Research Service of the U.S. Department of Agriculture.

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